

Enhanced Food-Based Meal Pattern for Breakfast

Meal Component	Minimum Quantities			
	Required			Option for Grades 7-12 ¹
	Ages 1-2	Preschool	Grades K-12	
Milk, Fluid (As a beverage, on cereal or both)	4 fl. oz.	6 fl. oz.	8 fl. oz.	8 fl. oz.
Juice/Fruit/Vegetable Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	¼ cup	½ cup	½ cup	½ cup
Select 1 serving from <u>each</u> of the following components or 2 from <u>one</u> component				
Grains/Breads² One of the following or an equivalent combination: Whole-grain or enriched bread Whole-grain or enriched biscuit, roll, muffin, etc. Whole-grain, enriched or fortified cereal	½ serving ² ½ serving ² ¼ cup or ⅓ oz.	½ serving ² ½ serving ² ⅓ cup or ½ oz.	1 serving ² 1 serving ² ¾ cup or 1 oz.	1 serving ² 1 serving ² ¾ cup or 1 oz. plus an additional serving of one of the grains/breads above.
Meat or Meat Alternate (Quantity of the edible portion as served) Lean meat/poultry or fish Alternate Protein Products ³ Cheese Egg (large) Cooked dry beans and peas Peanut butter or other nut or seed butters Yogurt, plain or flavored, unsweetened or sweetened Nuts and Seeds ⁴	½ oz. ½ oz. ½ oz. ½ egg 2 Tbsp. 1 Tbsp. 2 oz. or ¼ cup ½ oz.	½ oz. ½ oz. ½ oz. ½ egg 2 Tbsp. 1 Tbsp. 2 oz. or ¼ cup ½ oz.	1 oz. 1 oz. 1 oz. ½ egg 4 Tbsp. 2 Tbsp. 4 oz. or ½ cup 1 oz.	1 oz. 1 oz. 1 oz. ½ egg 4 Tbsp. 2 Tbsp. 4 oz. or ½ cup 1 oz.
¹ The optional group for grades 7-12 is recommended for Enhanced Food-Based Menu Planning, but is not required. ² For specific serving sizes see “ <i>Serving Sizes for Grains/Breads in Child Nutrition Programs</i> ”. ³ Alternate Protein Products must (1) be processed so that some portion of the non-protein constituents of the food is removed, (2) have a biological protein quality of at least 80 percent that of casein as determined by PDCAAS, and (3) contain at least 18 percent protein by weight when fully hydrated or formulated. ⁴ No more than 1 ounce of nuts and/or seeds may be served in any one meal.				